



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Jon Ferguson**

**FIT FEST 5K For The Ambrose Trail**

**28:30.2**

**September 9th, 2023**

11 out of 34 Finishers

6 out of 15 Male participants

2 out of 2 Males in your age group